Module 15: Hypnosis

"Mind Over Matters"

Introduction

Doctors and therapists sometimes use altered states of consciousness, such as hypnosis, meditation, and biofeedback, to help their patients manage stress and pain, change behaviors, and overcome phobias. Now psychologists and physicians are taking hypnosis into the operating room! Go to the Web site to learn about a study to make surgery "faster and smoother."

Destination Title: Why Files—Hypnosis: <http://whyfiles.org/shorties/061hypnosis/>

Directions: Consider the study done on the above website. Take note of anything interesting to you. This is to be completed for review by the end of the class in which it was assigned.

Read through the information, and then answer the following questions.

1. Who was the author of the study, and what are the author's qualifications?

2. What did the study try to find out?

3. How does the author of the study define hypnotism?

4. Describe the results of the study.